

## **A-CYCLE MEN'S AND WOMEN'S REGULAR MENU ANALYSES**

The following changes have been made to the regular  
Menus' nutritional analyses:

1. The current nutritional analyses have been adjusted to reflect the nutritional needs of the general offender male and female populations 19 years of age and older.
2. The minimum goal required to meet an offender's RDI nutritional needs is 90%

# A-CYCLE MEN'S REGULAR MENU ANALYSIS

**TABLE 1**

A-1	KCAL	PRO	CHO	FAT	SAT FAT	CHOL	SODIUM	FIBER	CALCIUM
MON	3000	127	450	75	15	100	5000	40	1000
TUES	2700	120	390	85	22	800	4600	28	1000
WED	3100	121	450	90	17	300	4700	46	1100
THUR	3300	124	440	115	28	600	5700	40	1600
FRI	2200	80	310	70	13	200	3200	23	1900
SAT	2900	82	410	115	20	100	3700	35	1000
SUN	3500	102	510	120	28	300	4600	31	1500
<b>AVG</b>	<b>3000</b>	<b>108</b>	<b>420</b>	<b>95</b>	<b>20</b>	<b>360</b>	<b>4500</b>	<b>35</b>	<b>1300</b>
A-2									
MON	2600	90	400	85	16	700	4300	32	2000
TUES	2700	120	390	85	22	800	4600	28	1000
WED	3100	112	490	85	17	100	5000	36	1500
THUR	2700	158	440	40	10	200	5000	45	1300
FRI	3100	106	485	80	13	300	4400	41	1600
SAT	3100	125	450	95	20	800	4400	30	900
SUN	2700	95	380	100	28	300	3700	24	900
<b>AVG</b>	<b>2900</b>	<b>115</b>	<b>430</b>	<b>80</b>	<b>18</b>	<b>440</b>	<b>4500</b>	<b>34</b>	<b>1300</b>

A-3	KCAL	PRO	CHO	FAT	SAT FAT	CHOL	SODIUM	FIBER	CALCIUM
MON	2300	99	375	45	9	700	3400	30	900
TUES	3100	110	450	90	15	300	3700	38	1200
WED	2300	113	355	50	11	200	3400	40	2100
THUR	3500	127	495	120	26	700	4700	44	1300
FRI	2900	105	520	45	7	200	4500	41	1300
SAT	3300	113	380	145	30	800	4600	23	1100
SUN	2500	82	415	70	17	800	3400	33	1900
<b>AVG</b>	<b>2800</b>	<b>107</b>	<b>430</b>	<b>80</b>	<b>16</b>	<b>400</b>	<b>4000</b>	<b>35</b>	<b>1400</b>
A-4									
MON	3500	127	535	100	20	800	4200	61	1300
TUES	3300	119	520	90	16	300	4600	42	2300
WED	2300	111	380	35	8	100	4100	35	1000
THUR	2500	91	380	80	14	200	4500	34	1000
FRI	2500	93	465	80	18	700	2900	22	1000
SAT	3100	95	465	100	20	200	3600	36	2400
SUN	2700	80	415	85	13	100	3900	32	900
<b>AVG</b>	<b>2800</b>	<b>102</b>	<b>440</b>	<b>80</b>	<b>16</b>	<b>300</b>	<b>4000</b>	<b>37</b>	<b>1400</b>

## A-CYCLE MEN'S REGULAR MENU ANALYSIS

**TABLE 2**

NUTRIENTS	MONTHLY AVERAGE	REQUIREMENTS	NEEDS MET Y / N	WITHIN ACCEPTABLE LIMITS Y/ N
*CALORIES	2900	2400-3000		
*FAT GRAMS % CALORIES	85 26	55-115g 20-35%		
**SAT FAT GRAMS % CALORIES	18 6	< 33g < 10%		
** TRANS FAT GRAMS % CALORIES	.18 0.06	< 3.3g < 1%		
**CHOL	400	< 300mg		
**SODIUM	4200	3000 - 4000mg		
***PROTEIN	108	46-56g		
CALCIUM	1400	1000-1200mg		
CHO	430	> 130g	Y	
****FIBER	35	20-30g		

\* MyPyramid Guidelines

\*\* 2005 Dietary Guidelines

\*\*\* DRI/RDA

\*\*\*\* National Cholesterol Education Program

### CHOLESTEROL

Cholesterol content exceeds the recommended limit of 300mg per day. However saturated fats and trans fats are the nutrients with higher associations with increased heart disease risk, and these two nutrients are within acceptable limits.

### SODIUM

Sodium content exceeds the recommended no added salt restriction of 4000mg per day by 5%. The addition of soup on the menu has significantly increased the sodium content; however, the Food Service Administration has taken measures to lower the menu's sodium content by using low sodium ingredients for its soups and draining most canned vegetables and rinsing them with water. These measures will significantly reduce the sodium content of the menu and lower the menu's sodium content to acceptable levels.

Medical staff will provide offenders with an alternative diet or provide diet education if a more restricted cholesterol or sodium intake is medically required.

## A-CYCLE MEN'S REGULAR MENU ANALYSIS

**TABLE 3**

NUTRIENTS	MONTHLY AVERAGE	DRI / RDA REQUIREMENTS	GOAL MET Y / N
CALCIUM (mg)	1400	1000-1200	Y
FOLATE (mcg)	800	400	Y
IRON (mg)	27	8	Y
NIACIN (mg)	32	16	Y
RIBOFLAVIN (mg)	2.6	1.3	Y
THIAMIN (mg)	2.6	1.2	Y
VITAMIN A (mcg)	900	700	Y
VITAMIN B6 (mg)	2.5	1.3-1.7	Y
VITAMIN B12 (mcg)	5.2	2.4	Y
VITAMIN C (mg)	100	90	Y
ZINC (mg)	16	11	Y
MAGNESIUM (mg)	400	420	Y
VITAMIN D (IU)	100	200 (19-50) 400-(51-70) 600- (>70)	N

**Vitamin D is not found naturally in many foods. Therefore, requirements may have to be met with providing additional fortified foods or beverages.**

## A-1 Monday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
13.33	6.42	2.46	1.72	0	6.92	3.59	0	0	0	7.35	19.73

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2971.01	126.97	447.97	77.08	15.26	116.77	5016.19	40.24

CPF Ratio: 60-17-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

OATMEAL

2 servings (476.7g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

COFFEE

1 serving (226.8g)

**Exchanges:**

Starch	VLM	LM	MF	HF	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	1.72	0	0	1.24	0	0	0	0	6.55

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1027.98	32.08	193.27	15.20	4.40	35.28	810.55	8.98

CPF Ratio: 74-12-13

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

PINTO BEAN SOUP

1 serving (149.3g)

Beets

1 serving (123.0g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

PEACHES

1 serving (113.4g)

WHEAT BREAD

2 servings (100.0g)

FLAVORED DRINK

1 serving (240.0g)

TUNA SALAD

1 serving (226.6g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.44	6.42	0	0	0	4.75	0.91	0	0	0	5.85	6.27

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber
1246.84	64.71	145.84	45.33	7.32	25.31	3142.94	21.13

CPF Ratio: 47-21-33

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

TURKEY & GRAVY

1 serving (105.9g)

MASHED POTATOES

1.5 servings (253.3g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

APPLESAUCE

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.66	0	2.46	0	0	2.17	1.44	0	0	0	1.5	6.9

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
696.19	30.17	108.85	16.56	3.54	56.18	1062.70	10.13

CPF Ratio: 62-17-21



## A-1 Tuesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.32	0.59	5.68	2.69	0	3.52	1.9	0	0	0	5.33	20.44

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2745.25	119.77	390.44	84.23	22.23	753.34	4595.61	27.89

CPF Ratio: 56-17-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

FARINA

2 servings (460.8g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MILK

1 serving (0.0g)

## COFFEE

1 serving (226.8g)

## SCRAMBLED EGGS

.67 serving (136.8g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.45	0	0	2.69	0	0	0.98	0	0	0	2.17	6.3

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1065.70	33.99	171.32	27.35	6.95	590.80	736.67	4.38

CPF Ratio: 64-13-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### SLOPPY JOE

1 serving (277.9g)

### BUN (HOT DOG/HAMBURGER)

2 servings (113.4g)

### TOSSED SALAD

1 serving (87.3g)

### ITALIAN DRESSING

1 serving (23.5g)

### FLAVORED DRINK

1 serving (240.0g)

### DIET PEARS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.17	0	5.68	0	0	1.77	0.91	0	0	0	1.52	6.24

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
828.04	51.26	102.97	26.90	6.46	116.28	2274.03	11.11

CPF Ratio: 48-24-28

**Dinner**

HAMBURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

RED BEANS AND RICE

1 serving (118.5g)

SPINACH

1 serving (113.4g)

KETCHUP

1 serving (28.3g)

CHOCOLATE PUDDING

1 serving (100.1g)

FLAVORED DRINK

1 serving (240.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.7	0.59	0	0	0	1.75	0	0	0	0	1.64	7.9

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
851.51	34.53	116.14	29.98	8.82	46.26	1584.91	12.41

CPF Ratio: 53-16-31

## A-1 Wednesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.26	3.3	0	0	4	4.27	2.67	0	0	0	8.66	19.18

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3055.50	120.65	447.58	88.80	17.43	339.04	4736.55	45.74

CPF Ratio: 58-16-26

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLESAUCE

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

COUNTRY GRAVY

1 serving (54.0g)

TEXAS TOAST

2 servings (66.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

## SUGAR

2 servings (20.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	1.44	0	0	0	0	2.18

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
700.85	26.98	133.57	6.00	0.79	0.00	1272.94	3.86

CPF Ratio: 77-15-8

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### BAKED BEANS

1.5 servings (173.4g)

### SPINACH

1 serving (113.4g)

### FLAVORED DRINK

1 serving (240.0g)

### TROPICAL FRUIT MIX

1 serving (113.4g)

### MUSTARD

1 serving (11.0g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### FRANKS

2 servings (0.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.85	0	0	0	4	1.81	1.24	0	0	0	0.42	7.69

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1160.18	54.67	154.35	37.97	8.77	224.35	1608.29	29.91

CPF Ratio: 52-19-29

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

CHILI CON CARNE

1 serving (403.3g)

STEAMED RICE

1.5 servings (170.9g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

GL DEVIL'S FOOD CAKE

1 serving (61.8g)

FLAVORED DRINK

1 serving (240.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.4	3.3	0	0	0	2.46	0	0	0	0	8.24	9.31

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
1194.46	39.01	159.66	44.83	7.87	114.69	1855.32	11.97

CPF Ratio: 53-13-34

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.



## A-1 Thursday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.76	0.51	2.86	4.68	0	5.33	2.18	0	0	0	14.43	14.7

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3256.54	124.22	444.32	117.38	28.25	647.54	5651.73	40.55

CPF Ratio: 53-15-32

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

OATMEAL

2 servings (476.7g)

SCRAMBLED EGGS

.67 serving (136.8g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

## MILK

1 serving (0.0g)

## COFFEE

1 serving (226.8g)

### Exchanges:

Starch	VLM	LM	MF	HF	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	2.69	0	0	1.2	0	0	0	0	6.55

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1098.85	38.32	194.88	19.72	5.40	590.80	615.77	11.36

CPF Ratio: 70-14-16

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### VEGETABLE SOUP

1 serving (116.8g)

### PEANUT BUTTER

2 servings (113.4g)

### WHEAT BREAD

2 servings (100.0g)

### CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

### PINEAPPLE CHUNKS

1 serving (113.4g)

### THREE BEAN SALAD

1 serving (161.9g)

MILK

1 serving (0.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.31	0.51	2.86	0	0	3.03	0.98	0	0	0	12.93	1.27

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1350.30	53.64	141.62	70.06	13.81	0.27	2551.55	21.49

CPF Ratio: 40-15-45

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

MAC, CHEESE, AND BEEF

1 serving (147.9g)

STEWED TOMATOES

1 serving (154.6g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1 serving (121.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

JELL-O

1 serving (90.7g)

FLAVORED DRINK

1 serving (240.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.21	0	0	1.99	0	2.3	0	0	0	0	1.5	6.88

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
807.39	32.27	107.81	27.60	9.04	56.47	2484.42	7.70

CPF Ratio: 53-16-31

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## A-1 Friday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.54	2.52	0	2.17	2	2.96	2.64	0.04	0	0	6.89	16.77

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2152.69	80.43	309.54	71.80	12.60	221.51	3169.57	23.38

CPF Ratio: 56-15-29

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

PEARS

1 serving (113.4g)

TOTAL

1 serving (30.0g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

SYRUP

1 serving (28.3g)

MARGARINE

1 serving (9.4g)

MILK

1 serving (0.0g)

SUGAR

2 servings (20.0g)

COFFEE

1 serving (226.8g)

FRENCH TOAST

.5 serving (30.2g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.22	0	0	2.17	0	0	1.4	0.04	0	0	1.5	2.82

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
823.00	27.91	123.00	25.13	5.55	133.44	1098.28	6.20

CPF Ratio: 59-13-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

CHICKEN PATTY

1 serving (0.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

MAYONNAISE

1 serving (18.0g)

LETTUCE LEAF

1 serving (2.6g)

TOMATO (SLICED)

1 serving (27.0g)

#### CUCUMBER SALAD

1 serving (105.3g)

#### TROPICAL FRUIT MIX

1 serving (113.4g)

#### FLAVORED DRINK

1 serving (240.0g)

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	0	2	0.88	1.24	0	0	0	2.75	6.29

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
635.68	21.47	78.94	29.32	5.16	70.00	674.99	8.30

CPF Ratio: 47-13-40

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

#### Dinner

#### BAKED FISH FILLET

1 serving (85.1g)

#### WHEAT BREAD

1 serving (50.0g)

#### RED BEANS AND RICE

1 serving (118.5g)

#### COLLARD GREENS

1 serving (113.4g)

TARTAR SAUCE

1 serving (20.0g)

FLAVORED DRINK

1 serving (240.0g)

VANILLA PUDDING

1 serving (113.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.94	2.52	0	0	0	2.07	0	0	0	0	2.64	7.66

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
694.01	31.04	107.60	17.35	1.89	18.07	1396.30	8.88

CPF Ratio: 61-17-22



## A-1 Saturday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.34	0	4.21	0	0	6.71	2.6	0	0.07	0	18.08	20.98

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2926.00	82.08	409.30	114.72	19.51	133.44	3682.94	34.96

CPF Ratio: 55-11-34

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

GRITS

2 servings (68.0g)

TURKEY HAM

1 serving (28.4g)

JELLY

2 servings (56.7g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

2 servings (20.0g)

WHEAT BREAD

1 serving (50.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.08	0	0	0	0	0	1.2	0	0	0	1.81	3.8

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
833.98	22.83	160.18	13.38	2.77	18.14	783.70	8.75

CPF Ratio: 75-11-14

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

TURKEY BURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

COLE SLAW

2 servings (308.6g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

WAX BEANS

1 serving (113.4g)

PEARS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	3.07	0	0	3.33	1.4	0	0.06	0	11.69	7.07

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1071.97	30.15	86.24	71.00	11.23	90.67	1118.78	14.40

CPF Ratio: 31-11-58

**Dinner**

YELLOW CAKE/ ICING

1 serving (70.9g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

ITALIAN DRESSING

1 serving (23.5g)

TOSSED SALAD

1 serving (87.3g)

SPINACH

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

SPAGHETTI NOODLES

1 serving (70.3g)

MEAT SAUCE

.5 serving (138.2g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.88	0	1.14	0	0	3.38	0	0	0.01	0	4.58	10.11

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1020.05	29.10	162.88	30.35	5.50	24.62	1780.46	11.81

CPF Ratio: 63-11-26

## A-1 Sunday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
15.24	2.73	0	0.89	0	2.83	3.12	0.68	0.06	0	13.19	21.61

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3485.72	102.50	513.53	119.57	27.87	335.72	4602.74	30.82

CPF Ratio: 58-12-30

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

HOT SPICED APPLES

1 serving (181.4g)

CHEERIOS

1 serving (30.0g)

HOT CAKES

1 serving (158.8g)

MARGARINE

1 serving (9.4g)

SYRUP

1 serving (28.3g)

SUGAR

4 servings (40.0g)

## MILK

1 serving (0.0g)

## COFFEE

1 serving (226.8g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.82	0	0	0.89	0	0	1.89	0	0	0	2.63	6.99

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1155.24	28.49	216.08	21.55	4.11	195.96	575.54	9.14

CPF Ratio: 74-10-17

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### CORN CHOWDER

1 serving (209.7g)

### TURKEY SALAD

1 serving (191.3g)

### TOSSED SALAD

1 serving (87.3g)

### FRENCH DRESSING

1 serving (25.0g)

### WHEAT BREAD

2 servings (100.0g)

### TROPICAL FRUIT MIX

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.05	2.73	0	0	0	1.83	1.24	0.68	0	0	8.09	6.17

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1018.27	42.57	115.18	45.48	6.92	58.04	2949.12	9.75

CPF Ratio: 44-16-39

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1 serving (121.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

LEMON PUDDING

1 serving (128.0g)

CUT SWEET POTATOES

1.5 servings (458.0g)

BBQ BEEF RIBS

1 serving (136.8g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.37	0	0	0	0	1	0	0	0.06	0	2.47	8.45

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1312.21	31.44	182.27	52.55	16.84	81.72	1078.08	11.94

CPF Ratio: 55-9-36



## A-2 Monday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.47	0	3.07	2.69	0	4.67	2.64	0	0.03	0	10.64	19.28

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2628.99	90.34	395.85	83.58	15.91	683.94	4331.27	31.94

CPF Ratio: 59-13-28

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

TROPICAL FRUIT MIX

1 serving (113.4g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TOTAL

1 serving (30.0g)

JELLY

2 servings (56.7g)

SUGAR

4 servings (40.0g)

## SCRAMBLED EGGS

.67 serving (136.8g)

## HASH BROWN PATTY

.5 serving (63.8g)

## WHEAT BREAD

1 serving (50.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.48	0	0	2.69	0	0	1.24	0	0	0	1.59	5.09

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1070.89	34.76	180.17	24.76	5.83	590.80	1017.58	8.42

CPF Ratio: 67-13-21

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### TOMATO SOUP

2 servings (226.8g)

### TURKEY BURGER

1 serving (113.4g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### KETCHUP

1 serving (28.3g)

COLE SLAW

1 servings (154.3g)

PEARS

1 serving (113.4g)

LETTUCE LEAF

1 serving (2.6g)

TOMATO (SLICED)

1 serving (27.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.28	0	3.07	0	0	3.49	1.4	0	0.03	0	6.75	6.77

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
869.69	30.94	101.51	42.29	7.63	90.13	2150.29	12.29

CPF Ratio: 45-14-42

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

CORN

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

SPICY CARIBBEAN RICE

1 serving (200.0g)

COLLARD GREENS

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

FLAVORED DRINK

1 serving (240.0g)

CHOCOLATE PUDDING

1 serving (100.1g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.71	0	0	0	0	1.18	0	0	0	0	2.3	7.42

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
688.42	24.64	114.17	16.53	2.45	3.00	1163.40	11.23

CPF Ratio: 65-14-21

## A-2 Tuesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.31	0	0	2.17	2	4.17	3.32	0.04	0	0	9.07	26.37

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3363.55	102.75	548.47	90.02	18.29	320.31	4251.25	53.36

CPF Ratio: 64-12-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

HOT SPICED APPLES

1 serving (181.4g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

OATMEAL

2 servings (476.7g)

FRENCH TOAST

.5 serving (30.2g)

SYRUP

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MARGARINE

1 serving (9.4g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.61	0	0	2.17	0	0	1.89	0.04	0	0	1.5	8.76

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1244.71	34.03	216.15	28.58	6.19	133.44	945.36	9.16

CPF Ratio: 69-11-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

BAKED BEANS

1.5 servings (173.4g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

APPLESAUCE

1 serving (113.4g)

FRANKS

1 serving (0.0g)

BUN (HOT DOG/HAMBURGER)

2 servings (113.4g)

MUSTARD

1 serving (11.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.23	0	0	0	2	2.81	1.44	0	0	0	1.92	8.58

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1155.67	45.39	185.84	30.73	6.20	114.35	1634.85	34.54

CPF Ratio: 62-15-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

STEAMED RICE

1 serving (113.9g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

GL DEVIL'S FOOD CAKE

1 serving (61.8g)

SWEET & SOUR

1 serving (46.0g)

WAX BEANS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.46	0	0	0	0	1.37	0	0	0	0	5.65	9.03

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
963.17	23.33	146.48	30.71	5.89	72.52	1671.04	9.67

CPF Ratio: 61-10-29

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.



## A-2 Wednesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.65	2.28	2.86	0	0	7.82	2.38	0.82	0	0	14.74	22.52

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
3070.92	111.81	486.10	85.94	17.43	64.77	4958.28	35.97

CPF Ratio: 61-14-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

GRITS

2 servings (68.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

TURKEY HAM

1 serving (28.4g)

## A-2 Thursday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.52	11.23	0	0	0	3.89	3.87	0	0	0	1.5	15.56

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2737.65	158.13	440.59	42.39	10.34	189.07	5035.15	44.78

CPF Ratio: 63-23-14

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

SUGAR

4 servings (40.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

COUNTRY GRAVY

1 serving (54.0g)

TEXAS TOAST

2 servings (66.0g)

## CHEERIOS

1 serving (30.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	0	0	0	1.2	0	0	0	0	2.58

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
784.53	28.68	160.25	6.80	1.15	0.00	1359.22	8.38

CPF Ratio: 78-14-7

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### PINTO BEANS

1.5 servings (152.6g)

### CHEESE SAUCE

1 serving (72.8g)

### TACO FILLING WITH SALSA

1 serving (247.9g)

### SHREDDED LETTUCE

1 serving (56.7g)

### TACO SAUCE

2 servings (36.0g)

### TORTILLA SHELL

1 serving (102.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

CORN

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.74	4.56	0	0	0	2.71	1.24	0	0	0	0	6.08

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
1204.20	77.98	183.00	17.87	4.81	92.52	2671.87	26.62

CPF Ratio: 61-26-13

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

GRAVY

1 serving (70.9g)

MASHED POTATOES

1.5 servings (253.3g)

COLLARD GREENS

1 serving (113.4g)

APPLESAUCE

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

SWISS STEAK

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.4	6.67	0	0	0	1.18	1.44	0	0	0	1.5	6.9

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
748.92	51.47	97.34	17.72	4.38	96.55	1004.06	9.77

CPF Ratio: 52-27-21

## A-2 Thursday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.52	11.23	0	0	0	3.89	3.87	0	0	0	1.5	15.56

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2737.65	158.13	440.59	42.39	10.34	189.07	5035.15	44.78

CPF Ratio: 63-23-14

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

SUGAR

4 servings (40.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

COUNTRY GRAVY

1 serving (54.0g)

TEXAS TOAST

2 servings (66.0g)

## CHEERIOS

1 serving (30.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	0	0	0	1.2	0	0	0	0	2.58

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
784.53	28.68	160.25	6.80	1.15	0.00	1359.22	8.38

CPF Ratio: 78-14-7

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### PINTO BEANS

1.5 servings (152.6g)

### CHEESE SAUCE

1 serving (72.8g)

### TACO FILLING WITH SALSA

1 serving (247.9g)

### SHREDDED LETTUCE

1 serving (56.7g)

### TACO SAUCE

2 servings (36.0g)

### TORTILLA SHELL

1 serving (102.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

CORN

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.74	4.56	0	0	0	2.71	1.24	0	0	0	0	6.08

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
1204.20	77.98	183.00	17.87	4.81	92.52	2671.87	26.62

CPF Ratio: 61-26-13

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

GRAVY

1 serving (70.9g)

MASHED POTATOES

1.5 servings (253.3g)

COLLARD GREENS

1 serving (113.4g)

APPLESAUCE

1 serving (113.4g)

FLAVORED DRINK



1 serving (240.0g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

SWISS STEAK

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.4	6.67	0	0	0	1.18	1.44	0	0	0	1.5	6.9

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
748.92	51.47	97.34	17.72	4.38	96.55	1004.06	9.77

CPF Ratio: 52-27-21

## A-2 Friday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
14.78	1.93	0	1.1	2	5.16	2.38	0.21	0	0	10.36	19.51

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3081.02	106.11	483.51	81.35	13.14	331.29	4364.37	40.61

CPF Ratio: 63-14-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

HOT CAKES

1 servings (158.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

4 servings (40.0g)

## SYRUP

1 serving (28.3g)

## MARGARINE

1 serving (9.4g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.44	0	0	0.89	0	0	0.98	0	0	0	2.63	5.58

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1031.22	27.01	180.41	19.97	3.55	195.96	483.13	4.25

CPF Ratio: 71-11-18

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### CHICKEN PATTY

1 serving (0.0g)

### GREEN BEANS (CANNED)

### RINSED AND DRAINED

1 serving (121.0g)

### PEARS

1 serving (113.4g)

### FLAVORED DRINK

1 serving (240.0g)

### MAYONNAISE

1 serving (18.0g)

### WHEAT BREAD

1 serving (50.0g)

RICE PILAF

1 serving (85.3g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.36	0	0	0	2	2.18	1.4	0	0	0	3.96	6.04

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
966.20	27.45	133.10	37.21	6.70	70.54	2417.21	12.14

CPF Ratio: 54-11-34

**Dinner**

BAKED FISH FILLET

1 serving (85.1g)

PINTO BEANS

1.5 servings (152.6g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

TARTAR SAUCE

1 serving (20.0g)

FLAVORED DRINK

1 serving (240.0g)

VANILLA PUDDING

1 serving (113.0g)

CORN BREAD

1 serving (143.8g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.97	1.93	0	0.21	0	2.98	0	0.21	0	0	3.77	7.89

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1083.61	51.66	170.00	24.18	2.89	64.79	1464.03	24.21

CPF Ratio: 62-19-20

## A-2 Saturday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
11.92	7.23	3.07	2.69	0	5.21	2.64	0	0	0	9.87	23.33

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3123.91	124.69	449.36	94.98	19.99	794.20	4372.86	29.54

CPF Ratio: 57-16-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

OATMEAL

2 servings (476.7g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

## SCRAMBLED EGGS

.67 serving (136.8g)

## WHEAT BREAD

1 serving (50.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	2.69	0	0	1.2	0	0	0	0	6.55

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1098.85	38.32	194.88	19.72	5.40	590.80	615.77	11.36

CPF Ratio: 70-14-16

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### VEGETABLE SOUP

1 serving (116.8g)

### TURKEY BURGER

1 serving (113.4g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### KETCHUP

1 serving (28.3g)

### FLAVORED DRINK

1 serving (240.0g)

### APPLESAUCE

1 serving (113.4g)

MACARONI SALAD

1 serving (116.4g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.19	0	3.07	0	0	2.16	1.44	0	0	0	6.83	7.76

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
958.68	32.88	109.00	46.87	7.85	89.86	1944.73	9.33

CPF Ratio: 44-13-43

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

PEPPER STEAK

1 serving (264.5g)

STEAMED RICE

1.5 servings (170.9g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK



1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

GLAZED SPICE CAKE

1 serving (61.8g)

WAX BEANS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.49	7.23	0	0	0	3.04	0	0	0	0	3.05	9.01

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
1066.38	53.48	145.48	28.39	6.73	113.54	1812.36	8.85

CPF Ratio: 55-20-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## A-2 Sunday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.59	0	2.46	2.17	3.5	2.68	3.78	0.04	0	0	5.75	19.58

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2733.96	95.29	377.00	98.09	27.65	277.36	3742.00	24.37

CPF Ratio: 54-14-32

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

FRENCH TOAST

.5 serving (30.2g)

MARGARINE

1 serving (9.4g)

SYRUP

1 serving (28.3g)

SUGAR

4 servings (40.0g)

HOT SPICED APPLES

1 serving (181.4g)

CHEERIOS

1 serving (30.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	2.17	0	0	1.89	0.04	0	0	1.5	6.19

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
992.27	28.87	161.79	26.92	5.95	133.44	1119.46	7.19

CPF Ratio: 64-11-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

FLAVORED DRINK

1 serving (240.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

STEAK ROLL

1 serving (71.0g)

KETCHUP

1 serving (28.3g)

MAYONNAISE

1 serving (18.0g)

CHEESE STEAK

1 serving (127.6g)

GREEN LEAF SALAD

1 serving (226.8g)

POTATO WEDGES

1.5 servings (170.1g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.55	0	0	0	3.5	1.36	0.98	0	0	0	2.75	7.15

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1103.31	36.51	122.09	55.09	18.24	87.74	1622.35	8.67

CPF Ratio: 43-13-44

**Dinner**

TURKEY & GRAVY

1 serving (105.9g)

MASHED POTATOES

1.5 servings (253.3g)

GREEN BEANS (CANNED)  
RINSED AND DRAINED

1 serving (121.0g)

PEACHES

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.66	0	2.46	0	0	1.32	0.91	0	0	0	1.5	6.24

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
638.38	29.91	93.13	16.08	3.46	56.18	1000.20	8.51

CPF Ratio: 58-19-23

## A-3 Monday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.23	5.23	0	2.69	0	6	2.15	0	0	0	3.29	18.65

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2289.76	98.95	375.66	45.06	8.94	659.87	3394.18	29.53

CPF Ratio: 65-17-18

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

JELLY

1 serving (28.3g)

## WHEAT BREAD

1 serving (50.0g)

## OATMEAL

2 servings (476.7g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	2.69	0	0	1.24	0	0	0	0	5.3

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1026.04	38.85	174.58	19.48	5.36	590.80	615.18	8.70

CPF Ratio: 68-15-17

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### VEGETABLE SOUP

1 serving (116.8g)

### BAKED FISH FILLET

1 serving (85.1g)

### NOODLES

1 serving (52.6g)

### PEACHES

1 serving (113.4g)

### TARTAR SAUCE

1 serving (20.0g)

WHEAT BREAD

1 serving (50.0g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.59	1.93	0	0	0	2.79	0.91	0	0	0	1.64	6.23

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
512.22	24.93	79.55	12.40	1.20	26.90	1538.20	8.68

CPF Ratio: 60-19-21

**Dinner**

CHILI CON CARNE

1 serving (403.3g)

STEAMED RICE

1.5 servings (170.9g)

JELL-O

1 serving (90.7g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD



1 serving (50.0g)

WAX BEANS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.4	3.3	0	0	0	3.21	0	0	0	0	1.66	7.12

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
751.49	35.17	121.53	13.18	2.38	42.16	1240.80	12.15

CPF Ratio: 65-19-16

## A-3 Tuesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
14.34	3.02	0	0.89	2	4.53	2.42	0	0	0	11.68	20.18

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3060.52	110.47	451.43	90.91	15.49	322.60	3711.70	38.12

CPF Ratio: 59-14-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

HOT CAKES

1 serving (158.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

MARGARINE

1 serving (9.4g)

## SYRUP

2 servings (56.7g)

## SUGAR

2 servings (20.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.44	0	0	0.89	0	0	0.98	0	0	0	2.63	5.4

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1020.16	27.01	177.84	19.97	3.55	195.96	506.38	4.45

CPF Ratio: 71-11-18

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### APPLESAUCE

1 serving (113.4g)

### ZESTY BEAN SOUP

1 serving (197.0g)

### WHEAT BREAD

2 servings (100.0g)

### TURKEY SALAD

1 serving (191.3g)

### CUCUMBER SALAD

1 serving (105.3g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.29	3.02	0	0	0	2.93	1.44	0	0	0	5.09	7.37

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1144.36	54.38	163.10	32.63	5.10	53.64	1831.23	24.12

CPF Ratio: 56-19-25

**Dinner**

CHICKEN PATTY

1 serving (0.0g)

MAYONNAISE

1 serving (18.0g)

FLAVORED DRINK

1 serving (240.0g)

CHOCOLATE PUDDING

1 serving (100.1g)

PARSLIED SLICED POTATOES

1 serving (52.1g)

WHEAT BREAD

2 servings (100.0g)

Beets

1 serving (123.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.6	0	0	0	2	1.6	0	0	0	0	3.97	7.42

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
896.00	29.09	110.48	38.32	6.84	73.00	1374.09	9.55

CPF Ratio: 49-13-38

## A-3 Wednesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.16	6.67	0	0	2	2.81	3.55	0	0	0	2.2	15.99

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2258.62	112.72	352.83	48.25	10.88	226.09	3443.03	39.51

CPF Ratio: 61-20-19

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEACHES

1 serving (113.4g)

SUGAR

4 servings (40.0g)

TOTAL

1 serving (30.0g)

COUNTRY GRAVY

1 serving (54.0g)

## WHEAT BREAD

1.5 servings (75.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.65	0	0	0	0	0	0.91	0	0	0	0	2.81

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
789.14	28.26	156.61	7.59	1.59	0.00	1422.88	8.37

CPF Ratio: 78-14-8

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### PEARS

1 serving (113.4g)

### FLAVORED DRINK

1 serving (240.0g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### MUSTARD

1 serving (11.0g)

### FRANKS

1 serving (0.0g)

### BAKED BEANS

1 serving (115.6g)

### COLLARD GREENS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.69	0	0	0	2	1.81	1.4	0	0	0	0.28	7.17

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
797.38	34.61	124.41	20.81	4.60	112.90	1061.89	25.18

CPF Ratio: 60-17-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

GRAVY

1 serving (70.9g)

NOODLES

1 serving (52.6g)

TROPICAL FRUIT MIX

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

SWISS STEAK



1 serving (113.4g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1 serving (121.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.82	6.67	0	0	0	1	1.24	0	0	0	1.92	6.01

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
672.10	49.85	71.81	19.85	4.69	113.18	958.26	5.96

CPF Ratio: 43-30-27

## A-3 Thursday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
13.43	0	2.86	2.69	0	3.6	2.64	0	0	0	17.13	17.74

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3485.58	126.99	494.63	117.97	25.59	729.89	4655.53	43.79

CPF Ratio: 56-14-30

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

OATMEAL

2 servings (476.7g)

SUGAR

2 servings (20.0g)

JELLY

1 serving (28.3g)

WHEAT BREAD

1 servings (50.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	2.69	0	0	1.2	0	0	0	0	5.3

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1023.44	38.28	175.05	19.71	5.40	590.80	607.26	11.08

CPF Ratio: 68-15-17

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

NAVY BEAN SOUP

1 serving (72.7g)

PEANUT BUTTER

2 servings (113.4g)

JELLY

2 servings (56.7g)

MILK

1 serving (0.0g)

APPLESAUCE

1 serving (113.4g)

CELERY STICKS

1 serving (60.0g)

WHEAT BREAD

2 servings (100.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.81	0	2.86	0	0	1.74	1.44	0	0	0	11.43	3.41

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1454.83	58.47	180.03	62.78	12.90	6.08	2186.37	25.22

CPF Ratio: 47-15-37

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

STEAMED RICE

1.5 servings (170.9g)

GL DEVIL'S FOOD CAKE

1 serving (61.8g)

MARGARINE

1 serving (9.4g)

TURKEY HAM STEAK

1 serving (84.0g)

WHEAT BREAD

1 servings (50.0g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.39	0	0	0	0	1.86	0	0	0	0	5.7	9.03

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
1007.31	30.24	139.54	35.48	7.29	133.00	1861.89	7.49

CPF Ratio: 56-12-32

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## A-3 Friday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
14.19	2.82	0	0.89	0	4.92	2.22	0	0	0	4.9	18.84

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2871.45	105.39	519.73	47.04	6.64	206.36	4463.64	40.83

CPF Ratio: 71-14-14

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

HOT CAKES

1 serving (158.8g)

SUGAR

4 servings (40.0g)

SYRUP

2 servings (56.7g)

## MARGARINE

1 serving (9.4g)

## CHEERIOS

1 serving (30.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.82	0	0	0.89	0	0	0.98	0	0	0	2.63	6.69

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1118.26	28.56	208.04	20.74	3.91	195.96	594.68	7.02

CPF Ratio: 73-10-16

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### STEAK ROLL

1 serving (71.0g)

### MUSTARD

1 serving (11.0g)

### RED BEANS AND RICE

1.5 servings (177.7g)

### HOT (SPICY) SAUSAGE

### GLOBAL FOOD

1 serving (200.0g)

### TROPICAL FRUIT MIX

1 serving (113.4g)

Beets

1 serving (123.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.48	0.89	0	0	0	2.94	1.24	0	0	0	1.27	6.15

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
936.01	30.12	174.97	12.96	1.63	0.24	2572.16	9.61

CPF Ratio: 75-13-12

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

BAKED FISH FILLET

1 serving (85.1g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

PINTO BEANS

1.5 servings (152.6g)

SPINACH

1 serving (113.4g)

TARTAR SAUCE

1 serving (20.0g)

LEMON PUDDING



1 serving (128.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.89	1.93	0	0	0	1.98	0	0	0	0	1	6.01

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
817.18	46.71	136.72	13.35	1.09	10.16	1296.81	24.20

CPF Ratio: 64-22-14

## A-3 Saturday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.79	0	1.96	6.69	0	4.31	3.6	0.14	0	0	17.59	20.36

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
3259.64	112.97	380.94	144.12	30.23	813.03	4591.43	22.22

CPF Ratio: 47-14-40

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

HOT SLICED APPLES

1 serving (168.6g)

FARINA

2 servings (460.8g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

## SCRAMBLED EGGS

.67 serving (136.8g)

## WHEAT BREAD

1 serving (50.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.45	0	0	2.69	0	0	1.89	0	0	0	2.17	6.89

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1119.68	33.88	184.23	28.04	7.08	590.80	740.59	6.34

CPF Ratio: 66-12-22

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### PEARS

1 serving (113.4g)

### STEAK ROLL

1 serving (71.0g)

### FLAVORED DRINK

1 serving (240.0g)

### MAYONNAISE

2 servings (36.0g)

### MACARONI SALAD

1 serving (116.4g)

### HOT PEPPER/PICKLES/ONIONS

1 serving (85.0g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

CHEESE

1 serving (56.0g)

BOLOGNA

2 servings (0.0g)

TURKEY HAM

2 servings (56.7g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.68	0	0	4	0	2.14	1.4	0	0	0	12.11	6.4

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
1503.79	51.67	120.31	91.60	18.36	165.89	2877.86	7.65

CPF Ratio: 32-14-55

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

TURKEY CASSEROLE

1 serving (368.2g)

CHERRY JELLO WITH PINEAPPLE

1 serving (121.7g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1 serving (121.0g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.66	0	1.96	0	0	2.17	0.31	0.14	0	0	3.31	7.07

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
636.16	27.42	76.41	24.48	4.79	56.33	972.97	8.23

CPF Ratio: 48-17-35

## A-3 Sunday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.86	0	0	2.17	0	3.89	2.11	0.04	0	0	4.39	20.91

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2541.65	82.17	417.26	67.82	16.71	177.66	3357.16	33.14

CPF Ratio: 64-13-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

TOTAL

1 serving (30.0g)

FRENCH TOAST

.5 serving (30.2g)

SYRUP

2 servings (56.7g)

## MARGARINE

1 serving (9.4g)

## SUGAR

4 servings (40.0g)

## TURKEY SAUSAGE LINK

1 serving (42.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.22	0	0	2.17	0	0	1.2	0.04	0	0	1.5	5.21

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
954.59	28.00	157.85	25.16	5.58	133.44	1117.24	6.65

CPF Ratio: 65-12-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### HAMBURGER

1 serving (113.4g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### PEACHES

1 serving (113.4g)

### CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

### LETTUCE

1 serving (56.7g)

TOMATO (SLICED)

2 servings (54.0g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

POTATO WEDGES

1.5 servings (170.1g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.93	0	0	0	0	2.71	0.91	0	0	0	0	6.7

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
776.14	29.74	118.45	24.85	8.32	43.09	832.77	14.64

CPF Ratio: 58-15-27

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

CORN

1 serving (113.4g)

WHEAT BREAD



1 serving (50.0g)

GLAZED SPICE CAKE

1 serving (61.8g)

FRIED RICE

GLOBAL FOOD

1 serving (200.0g)

COLLARD GREENS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.71	0	0	0	0	1.18	0	0	0	0	2.89	9

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
810.92	24.43	140.96	17.81	2.82	1.13	1407.15	11.86

CPF Ratio: 69-12-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## A-4 Monday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
16.43	0	2.27	2.69	2	7.22	3.62	0	0.03	0	9.28	22.14

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
3453.79	124.42	537.70	99.73	20.01	752.29	4234.23	60.71

CPF Ratio: 61-14-25

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

OATMEAL

2 servings (476.7g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

## WHEAT BREAD

1 servings (50.0g)

## SCRAMBLED EGGS

.67 serving (136.8g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	0	0	2.69	0	0	1.24	0	0	0	0	6.55

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1101.45	38.89	194.41	19.49	5.36	590.80	623.68	8.98

CPF Ratio: 70-14-16

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### BAKED BEANS

1.5 servings (173.4g)

### COLE SLAW

1 servings (154.3g)

### PINEAPPLE CHUNKS

1 serving (113.4g)

### BUN (HOT DOG/HAMBURGER)

2 servings (113.4g)

### MUSTARD

1 serving (11.0g)

FRANKS

1 serving (0.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.23	0	0	0	2	1.93	0.98	0	0.03	0	6.26	8.66

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1324.54	46.21	178.54	52.90	9.13	114.90	1673.20	33.32

CPF Ratio: 52-13-35

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

SPAGHETTI NOODLES

1.33 servings (93.5g)

MEAT SAUCE

1 serving (276.5g)

ITALIAN DRESSING

1 serving (23.5g)

TOSSED SALAD

1 serving (87.3g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

PEARS

1 serving (113.4g)

SPINACH

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.96	0	2.27	0	0	5.29	1.4	0	0	0	3.02	6.93

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1027.81	39.32	164.75	27.34	5.52	46.58	1937.35	18.41

CPF Ratio: 62-15-23

## A-4 Tuesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
15.49	6.42	0	0.89	2	8.46	3.32	0	0	0	10.13	21.87

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3341.59	119.10	520.92	90.92	16.20	291.27	4619.27	42.11

CPF Ratio: 62-14-24

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

HOT SPICED APPLES

1 serving (181.4g)

HOT CAKES

1 serving (158.8g)

MARGARINE

1 serving (9.4g)

SYRUP

2 servings (56.7g)

## SUGAR

4 servings (40.0g)

## TOTAL

1 serving (30.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.66	0	0	0.89	0	0	1.89	0	0	0	2.63	8.1

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1208.07	27.60	233.81	20.50	3.91	195.96	577.19	8.49

CPF Ratio: 76-9-15

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### TUNA SALAD

1 serving (226.6g)

### PINTO BEAN SOUP

1 serving (149.3g)

### APPLESAUCE

1 serving (113.4g)

### WHEAT BREAD

2 servings (100.0g)

### PICKLED BEETS

1 serving (127.0g)

CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.44	6.42	0	0	0	7.46	1.44	0	0	0	5.85	6.94

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
1346.39	65.18	172.63	45.52	7.36	25.31	3286.20	25.79

CPF Ratio: 51-19-30

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

STEAMED RICE

1.5 servings (170.9g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1 serving (121.0g)

JELL-O

1 serving (90.7g)

MARGARINE

1 serving (9.4g)

CHICKEN PATTY



1 serving (0.0g)

WHEAT BREAD

1 servings (50.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.39	0	0	0	2	1	0	0	0	0	1.66	6.84

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
787.12	26.32	114.48	24.90	4.92	70.00	755.88	7.83

CPF Ratio: 58-13-28

## A-4 Wednesday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.33	6.96	0	0	0	3.4	3.13	0	0	0	3	15.51

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2287.06	111.66	378.23	35.69	7.58	99.06	4109.87	34.61

CPF Ratio: 66-20-14

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEACHES

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

SUGAR

4 servings (40.0g)

COUNTRY GRAVY

1 serving (54.0g)

## TEXAS TOAST

2 servings (66.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	0.91	0	0	0	0	2.81

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
746.94	26.77	144.71	5.79	0.75	0.00	1278.68	3.41

CPF Ratio: 78-15-7

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### ZESTY BEAN SOUP

1 serving (197.0g)

### SPINACH

1 serving (113.4g)

### TROPICAL FRUIT MIX

1 serving (113.4g)

### MARGARINE

1 serving (9.4g)

### SANTA FE MAC & CHEESE

1 serving (30.3g)

### FLAVORED DRINK

1 serving (240.0g)

### WHITE BREAD

2 servings (56.7g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.93	0.29	0	0	0	2.04	1.24	0	0	0	1.5	6.02

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
813.61	34.25	143.58	12.65	2.52	2.50	1833.82	22.30

CPF Ratio: 70-17-14

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

GRAVY

1 serving (70.9g)

MASHED POTATOES

1.5 servings (253.3g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

SWISS STEAK

1 serving (113.4g)

WAX BEANS

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.4	6.67	0	0	0	1.37	0.98	0	0	0	1.5	6.69

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
726.51	50.64	89.94	17.24	4.30	96.55	997.37	8.89

CPF Ratio: 50-28-22

## A-4 Thursday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.18	2.91	0	2.17	0	5.8	2.6	0.04	0	0	10.25	18.33

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2539.07	91.28	377.81	78.79	13.56	195.05	4468.20	33.89

CPF Ratio: 58-14-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

FRENCH TOAST

.5 serving (30.2g)

SUGAR

4 servings (40.0g)

SYRUP

1 serving (28.3g)

## TURKEY SAUSAGE LINK

1 serving (42.0g)

## CHEERIOS

1 serving (30.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	2.17	0	0	1.2	0.04	0	0	0	4.11

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
834.16	28.80	140.04	18.64	4.54	133.44	1026.95	7.29

CPF Ratio: 66-14-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### PEARS

1 serving (113.4g)

### MINESTRONE

1 serving (142.2g)

### TURKEY SALAD

1 serving (191.3g)

### WHEAT BREAD

2 servings (100.0g)

### CUCUMBER SALAD

1 serving (105.3g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.84	2.91	0	0	0	3.94	1.4	0	0	0	7.95	6.58

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1011.81	37.18	121.22	44.79	6.58	53.71	2202.05	13.62

CPF Ratio: 47-14-39

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

PEAS

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

VANILLA PUDDING

1 serving (113.0g)

WHEAT BREAD

1 serving (50.0g)

CARROTS (COOKED, STICKS, RAW)



1 serving (113.4g)

BEEF FLAVORED FRIED RICE

GLOBAL FOOD

1 serving (200.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.95	0	0	0	0	1.86	0	0	0	0	2.3	7.65

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
693.09	25.30	116.56	15.36	2.44	7.91	1239.20	12.97

CPF Ratio: 66-14-20

## A-4 Friday Men's Regular Menu Intake Analysis Report

### All Foods

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.52	1.93	0	2.9	0	1.91	2.42	0.21	0	0	7.3	20.74

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2545.62	92.80	378.38	78.81	18.14	715.58	2929.71	21.63

CPF Ratio: 58-14-27

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

FARINA

2 servings (460.8g)

WHEAT BREAD

1.5 servings (75.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.26	0	0	2.69	0	0	0.98	0	0	0	2.17	6.3

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1130.70	36.26	183.12	28.37	7.18	590.80	869.17	5.45

CPF Ratio: 65-13-23

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Lunch**

APPLESAUCE

1 serving (113.4g)

ITALIAN DRESSING

1 serving (23.5g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

TOSSED SALAD

1 serving (87.3g)

CORN

1 serving (113.4g)

HAMBURGER

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.47	0	0	0	0	0.61	1.44	0	0	0	1.52	7.36

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
701.60	26.98	93.29	27.58	8.41	43.09	1052.30	10.87

CPF Ratio: 51-15-34

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

TARTAR SAUCE

1 serving (20.0g)

BAKED FISH FILLET

1 serving (85.1g)

CORN BREAD

1 serving (143.8g)

STEWED TOMATOES

1 serving (154.6g)

JELL-O

1 serving (90.7g)

## SPIRAL NOODLES

1.5 servings (78.8g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.79	1.93	0	0.21	0	1.3	0	0.21	0	0	3.61	7.08

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
713.32	29.56	101.97	22.87	2.55	81.68	1008.24	5.30

CPF Ratio: 56-16-28

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## A-4 Saturday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.49	0	4.5	0.89	0	4.18	2.31	0	0	0	16.57	22.18

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3052.26	95.26	462.82	101.12	20.24	236.87	3625.72	35.53

CPF Ratio: 59-12-29

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEARS

1 serving (113.4g)

TOTAL

1 serving (30.0g)

SYRUP

2 servings (56.7g)

MARGARINE

1 serving (9.4g)

## SUGAR

4 servings (40.0g)

## HOT CAKES

1 serving (158.8g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.66	0	0	0.89	0	0	1.4	0	0	0	2.63	6.01

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1129.71	27.53	214.72	19.76	3.71	195.96	577.61	8.34

CPF Ratio: 75-10-16

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### FLAVORED DRINK

1 serving (240.0g)

### PEACHES

1 serving (113.4g)

### VEGETABLE SOUP

1 serving (116.8g)

### CARROTS (COOKED, STICKS, RAW)

1 serving (113.4g)

### PEANUT BUTTER

2 servings (113.4g)

### JELLY

2 servings (56.7g)

WHEAT BREAD

2 servings (100.0g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.37	0	2.86	0	0	2.79	0.91	0	0	0	11.64	8.74

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1256.20	40.63	148.47	62.95	12.88	0.27	2107.18	17.65

CPF Ratio: 45-12-43

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

CHOCOLATE PUDDING

1 serving (100.1g)

TURKEY & GRAVY

.67 serving (71.0g)

COLLARD GREENS

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

MASHED POTATOES



1.5 servings (253.3g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.45	0	1.65	0	0	1.39	0	0	0	0	2.3	7.43

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
666.35	27.10	99.63	18.41	3.65	40.65	940.93	9.55

CPF Ratio: 59-16-25

## A-4 Sunday Men's Regular Menu Intake Analysis Report

### All Foods

#### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.35	0	0	0	2	1.98	4.32	0	0.03	0	11.11	16.97

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2711.90	80.58	412.58	83.95	13.31	70.54	3934.67	32.48

CPF Ratio: 60-12-28

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Breakfast

APPLE (FRESH)

1 serving (138.0g)

WHEATIES

1 serving (24.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

4 servings (40.0g)

COUNTRY GRAVY

1 serving (54.0g)

## TEXAS TOAST

2 servings (66.0g)

### Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	1.2	0	0	0	0	2.58

### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
763.83	27.13	150.05	6.03	0.79	0.00	1270.92	5.81

CPF Ratio: 79-14-7

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

## Lunch

### CHICKEN PATTY

1 serving (0.0g)

### BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

### SUCCOTASH

1 serving (157.6g)

### COLE SLAW

1 servings (154.3g)

### MAYONNAISE

1 serving (18.0g)

### FLAVORED DRINK

1 serving (240.0g)

### TROPICAL FRUIT MIX

1 serving (113.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.96	0	0	0	2	0.98	1.24	0	0.03	0	9.46	6.3

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1074.91	27.90	107.20	64.57	10.38	70.54	1350.67	14.12

CPF Ratio: 38-10-52

**Dinner**

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

GREEN BEANS (CANNED)  
RINSED AND DRAINED  
1 serving (121.0g)

ALA KING

1.5 servings (64.5g)

STEAMED RICE

1.5 servings (170.9g)

WHEAT BREAD

1 serving (50.0g)

HOT SPICED APPLES

1 serving (181.4g)

**Exchanges:**

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.39	0	0	0	0	1	1.89	0	0	0	1.66	8.09

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
873.16	25.55	155.33	13.35	2.14	0.00	1313.09	12.55

CPF Ratio: 74-12-14